## 2001 California Children's Healthy Eating and Exercise Practices Survey

## Table 62: Proportion of Children Who Believed Physical Activity Guideline (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many times days each week should do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?

Believed 60+ Minutes of Moderate and Vigorous Physical Activity 7 Days a Week Is Needed,

≥60		Percent of Children
Gender       Males       25         Females       17         Ethnicity       White       Insufficient         African American       sample size         Latino       for analysis         Income       ≤\$19,999       15         \$20,000 - \$49,999       22         ≥\$50,000       21         Federal Poverty Level         ≤ 185%       20         > 185%       21         Food Stamps         Yes       20         No       21         Overweight Status         Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes       19         <60 minutes       25         School Breakfast       23         No       19         School Lunch       22         Yes       33         No       20         Nutrition Lesson       25         Yes       21         No       22         Exercise Lesson       25		<u>≥</u> 60
Males       25         Females       17         Ethnicity       White         African American       Insufficient         Latino       sample size         Asian/Other       for analysis         Income       ≤\$19,999       15         \$20,000 - \$49,999       22         ≥\$50,000       21         Federal Poverty Level       ≤ 185%       20         > 185%       21         Food Stamps       20         Yes       20         No       21         Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         < 60 minutes       25         School Breakfast       23         No       19         School Lunch       20         Nutrition Lesson       20         Nutrition Lesson       21         No       22         Exercise Lesson       25         Yes       25         No       22	Total	21
Females         Ethnicity         White         African American         Latino         Asian/Other         Income         ≤\$19,999         \$20,000 - \$49,999         ≥\$50,000         Federal Poverty Level         ≤ 185%         ≥ 1         Food Stamps         Yes         20         No         21         Overweight Status         No         21         Overweight Status         No         21         Physical Activity         ≥60 minutes       25         School Breakfast         Yes       23         No       20         Nutrition Lesson       25         No       20         Nutrition Lesson         Yes       21         No       22         Exercise Lesson         Yes <td>Gender</td> <td></td>	Gender	
Ethnicity     White     African American     Latino     Asian/Other  Income     ≤\$19,999     \$20,000 - \$49,999     ≥\$50,000     Federal Poverty Level     ≤ 185%     > 185%     > 185%	Males	
White       African American         Latino       Asian/Other         Income       ≤\$19,999         ≤\$50,000       21         Federal Poverty Level       ≤ 185%         ≤ 185%       20         > 185%       21         Food Stamps       20         Yes       20         No       21         Overweight Status       20         No at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         <60 minutes	Females	17
African American Latino Asian/Other  Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000  Federal Poverty Level ≤ 185% > 185% > 185%  > 185%	Ethnicity	
African American Latino Asian/Other  Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000  Federal Poverty Level  ≤ 185% > 185%	White	Insufficient
Asian/Other  Income  ≤\$19,999  \$20,000 - \$49,999  ≥\$50,000  Federal Poverty Level  ≤ 185%  > 185%  > 185%  Prood Stamps  Yes  No  Overweight Status  Not at Risk  At Risk/Overweight  Physical Activity  ≥60 minutes  <60 minutes  School Breakfast  Yes  No  School Lunch  Yes  No  No  No  No  School Lunch  Yes  No  No  No  No  School Lunch  Yes  School Lunch	African American	
Income  ≤\$19,999  \$20,000 - \$49,999  ≥\$50,000  Federal Poverty Level  ≤ 185%  > 185%  Food Stamps  Yes  No  Overweight Status  Not at Risk  At Risk/Overweight  Physical Activity  ≥60 minutes  <60 minutes  <60 minutes  Yes  No  School Breakfast  Yes  No  School Lunch  Yes  No  No  Overweight  21  Physical Activity  ≥60 minutes  25  School Breakfast  Yes  No  19  School Lunch  Yes  No  20  Nutrition Lesson  Yes  No  22  Exercise Lesson  Yes  Xes  Zes  Xes  X		•
≤\$19,999       15         \$20,000 - \$49,999       22         ≥\$50,000       21         Federal Poverty Level         ≤ 185%       20         > 185%       21         Food Stamps         Yes       20         No       21         Overweight Status         No at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         <60 minutes	Asian/Other	Tot attatysis
\$20,000 - \$49,999 22 ≥\$50,000 21  Federal Poverty Level ≤ 185% 20 > 185% 21  Food Stamps  Yes 20 No 21  Overweight Status Not at Risk 20 At Risk/Overweight 21  Physical Activity ≥60 minutes 19 <60 minutes 25  School Breakfast Yes 23 No 19  School Lunch Yes 33 No 20  Nutrition Lesson Yes 21 No 22  Exercise Lesson Yes 25  **	Income	
≥\$50,000 21  Federal Poverty Level  ≤ 185% 20 > 185% 21  Food Stamps  Yes 20 No 21  Overweight Status Not at Risk 20 At Risk/Overweight 21  Physical Activity ≥60 minutes 19 <60 minutes 25  School Breakfast Yes 23 No 19  School Lunch Yes 33 No 20  Nutrition Lesson Yes 21 No 22  Exercise Lesson Yes 25  **	<del>_</del> ' '	
Federal Poverty Level       ≤ 185%       20         > 185%       21         Food Stamps       20         Yes       20         No       21         Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         <60 minutes		22
≤ 185%       20         > 185%       21         Food Stamps         Yes       20         No       21         Overweight Status         Not at Risk       20         At Risk/Overweight       21         Physical Activity         ≥60 minutes       19         <60 minutes	<u>&gt;</u> \$50,000	21
> 185%       21         Food Stamps         Yes       20         No       21         Overweight Status         Not at Risk       20         At Risk/Overweight       21         Physical Activity         ≥60 minutes       19         <60 minutes	Federal Poverty Level	
Food Stamps       20         No       21         Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         ≤60 minutes       19         <60 minutes	<u>&lt;</u> 185%	20
Yes       20         No       21         Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes         ≥60 minutes       19         <60 minutes	> 185%	21
No       21         Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       260 minutes         ≥60 minutes       25         School Breakfast       23         No       19         School Lunch       33         Yes       33         No       20         Nutrition Lesson       21         No       22         Exercise Lesson       25         Yes       25	Food Stamps	
Overweight Status       20         Not at Risk       20         At Risk/Overweight       21         Physical Activity       260 minutes         ≥60 minutes       19         <60 minutes	Yes	20
Not at Risk       20         At Risk/Overweight       21         Physical Activity       ≥60 minutes       19         <60 minutes	No	21
At Risk/Overweight  Physical Activity  ≥60 minutes  <60 minutes  25  School Breakfast  Yes  No  19  School Lunch  Yes  No  No  20  Nutrition Lesson  Yes  No  22  Exercise Lesson  Yes  21  21  25  25  26  27  28  29  20  20  20  20  20  20  21  22  23  24  25  25  26  27  28  28  28  29  20  20  20  20  20  20  20  20  20	Overweight Status	
Physical Activity       ≥60 minutes       19         <60 minutes	Not at Risk	20
≥60 minutes	At Risk/Overweight	21
<60 minutes		
School Breakfast       23         Yes       19         School Lunch       33         Yes       30         Nutrition Lesson       20         Yes       21         No       22         Exercise Lesson       25         Yes       25	<del>_</del>	
Yes       23         No       19         School Lunch       33         Yes       30         Nutrition Lesson       20         Yes       21         No       22         Exercise Lesson       25         Yes       25		25
No       19         School Lunch       33         Yes       33         No       20         Nutrition Lesson       21         Yes       21         No       22         Exercise Lesson       25         Yes       25		
School Lunch         33           Yes         33           No         20           Nutrition Lesson         21           Yes         21           No         22           Exercise Lesson         25           Yes         25		
Yes       33         No       20         Nutrition Lesson       21         Yes       21         No       22         Exercise Lesson       25         Yes       25		19
No         20           Nutrition Lesson         21           Yes         21           No         22           Exercise Lesson         25         **		
Nutrition Lesson         21           Yes         21           No         22           Exercise Lesson         25		
Yes		20
No 22 Exercise Lesson Yes 25 **		
Yes 25 **		
Yes 25 **		22
		05 1++
NO 12		23
	INO	12

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

California Department of Health Services: September 2005

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